

Resources & Tips for Working with Adolescents in Community Settings



What you will find

This resource identifies settings, resources and tips for working with youth out-side of school.

Target Population

Adolescents in community settings

Background Information

The need for programs that encourage adolescents to eat healthfully and be physically active is well documented. The purpose of this resource is to address resources that might be used by community-based organizations other than schools.

The advantages of community-based programs to address healthy living among youth was best summarized in a 2004 Institute of Medicine report:

Community-based obesity prevention efforts differ from those of school and home settings (Pate et al., 2000), but potentially supplement and reinforce the messages received in those settings. Young people, particularly adolescents, often spend a large part of their free time in community locales (e.g., recreational or entertainment centers, shopping areas, parks, fast food restaurants). These informal settings, which do not have the stresses of grades or other school situations, may offer environments that are more conducive to trying new activities and foods. Additionally, community settings offer the potential for involving parents and other adult role models in promoting healthful behaviors (Pate et al., 2000). In enhancing local assets for promoting physical activity—that is, in designing and revamping community facilities and neighborhoods—communities should consider issues related to cultural and social acceptability, availability (proximity), affordability, and accessibility (ease of use).

Programs involving specific community-based organizations have also been found to aid health promotion efforts. Studies with civic, faith-based, and social organizations have established the feasibility of developing programs in a variety of settings that can be effective in improving nutritional knowledge and choices, increasing physical activity, and in some cases in reducing body weight or maintaining healthy body weight (IOM, 2003). For example, Cullen and colleagues (1997) found that Girl Scouts who participated with their troop in nutrition classes including tasting sessions

and materials sent home exhibited increased levels of fruit and vegetable consumption. Furthermore, community programs often are focused on high-risk populations and offer the opportunity to implement culturally appropriate interventions and evaluate their impact (Yancey et al., 2004).

Settings

Examples of Stakeholder Groups in the Prevention of Childhood Obesity (IOM 2004)

Children, Youth, Parents, Families Child- and Youth-Centered Organizations Program, service, and advocacy organizations (e.g., Boys and Girls Clubs, 4H, Girl Scouts, Boy Scouts, YMCA, YWCA, National Head Start Association, Children's Defense Fund, National Association for Family Child Care)

Community-Based Organizations Community coalitions, civic organizations, faith-based organizations, ethnic and cultural organizations

Community Development and Planning Architects, civil engineers, transportation and community planners, private developers, neighborhood associations

Disciplinary organizations and societies Juvenile centers, boot camp, half way houses

Employers and Work Sites Employers and corporate policy makers, employee advisory committees

Food and Beverage Industries, Food Producers, Advertisers, Marketers, and Retailers Corporate and local food producers and retailers (e.g., food and beverage industries, grocery stores, supermarkets, restaurants, fast food outlets, corner stores, farmers' markets, community gardens)

Foundations and Nonprofit Organizations Government Agencies and Programs Federal, state, county, and local elected or appointed decision-makers (e.g., education boards and agencies, public health agencies, parks and recreation commissions, planning and zoning commissions, law enforcement agencies)

Health-Care Providers Pediatricians, family physicians, nurses and nurse practitioners, physician assistants, dietitians, occupational-health providers, dentists

Health- and Medical-Care Professional Societies

Health-Care Delivery Systems Hospitals, health clinics, school-based facilities, work-site health facilities

Health-Care Insurers, Health Plans, and Quality Improvement and Accrediting Organizations Public and private health-care providers and insurance reimbursement institutions such as Medicaid and health maintenance organizations; quality improvement and accrediting organizations (e.g., National Committee for Quality Assurance)

Mass Media, Entertainment, Recreation, and Leisure Industries Television, radio, movies, print, and electronic media; journalists; commercial sponsors and advertisers; Internet websites and advertisers; computer and video-entertainment industry representatives

Public Health Professionals

Recreation and Sports Enterprises Local, collegiate, and professional sports organizations; recreation facilities; recreation and sport equipment manufacturers, advertisers, marketers, and retailers

Researchers Biomedical, public health, and social scientists; universities; private industry

Schools, Child-Care Programs Educators and school administrators, food service personnel, after-school program providers, coaches, school boards, school designers (sighting and construction), child-care providers

RESOURCES		
Programs and Interventions		
Resource	Description	Website Source
CANFit California Adolescent Nutrition and Fitness	CanFit supports local community-based projects to build capacity to improve the nutrition and physical activity of CA's low-income African-American, American Indian, Latino, Asian-American, and Pacific Islander 10-14 year olds. Community leadership stimulates change at multiple levels, from individual behavior to public policy. Youth involvement in planning, implementation and evaluation of projects is essential. Actively involving young people ensures greater success by producing relevant, interesting results to peers.	http://www.canfit.org/
California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL)	Joint program, CDHS and Public Health Institute, CPL focus is on youth empowerment, policy and environmental change strategies, and community-based solutions. CPL's mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and other chronic diseases. CPL works with local and state physical activity and nutrition leaders to conduct community programs throughout California. Through an infrastructure of ten regions, CPL implements local interventions that utilize the Spectrum of Prevention model which describes six levels of prevention activities – from strengthening individual knowledge and skills to influencing policy. Project LEAN materials are available for use in other states.	http://www.californiaprojectlean.org/
Girls on the Run (GOR)	A 12-week, 24-lesson curriculum developed for preteen girls in after-school programs, recreation centers and other settings. Focus is on self-respect and healthy lifestyle through running. Evaluation of the program found improvements in participants' self-esteem, body-size satisfaction, eating attitudes and behaviors. GOR, is a nonprofit organization that works with local volunteers and community-level councils.	www.girlsontherun.org
Resources for the Target Population		
Go Healthy Challenge, Alliance for a Healthier Generation		http://www.healthiergeneration.org/default.aspx
CDC, Fruit and Vegetable Promotion		www.fruitsandveggiesmatter.gov
USDA, My pyramid		http://www.mypyramid.gov/kids/index.html

	Professional Resources (May Cost)	
Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs, Center for Collaborative Solutions	This guide outlines six exemplary practices and indicator rubrics that programs can use to assess how they are doing in each of the six practice areas and to help them focus their attention on the areas they want to improve. The indicators will also help programs measure their improvement over time.	www.ccscenter.org
Nutrition and the Health of Young People, CDC Fact Sheet	Basic statistics about fruit and vegetable consumption and the impact of overweight and obesity on youth.	http://www.cdc.gov/healthyyouth/nutrition/facts.htm
Preventing Childhood Obesity: Health In the Balance, IOM Report	A broad-based examination of the nature, extent, and consequences of obesity in U.S. children and youth, including the social, environmental, and dietary factors responsible for its increased prevalence. The committee's recommendations are included.	http://www.iom.edu/?id=22596&redirect=0
The Links Between the Neighborhood Food Environment and Childhood Nutrition, The Robert Wood Johnson Foundation	This paper identifies key investigations of the neighborhood food environment, examines current efforts to bring about improvements, and discusses new research and policy priorities.	http://www.rwjf.org/programareas/resources/product.jsp?id=23551&pid=1138&catud=14
Designing for Active Living Among Children, The Robert Wood Johnson Foundation	How environmental factors and policies relate to physical activity among young people, and how they may be linked to obesity.	http://www.rwjf.org/programareas/resources/product.jsp?id=23455&pid=1138
Associations Between Access to Food Stores and Adolescent Body Mass Index: Research Highlight, RWJ Foundation	This study considered the effect of increased supermarket availability in an area with adolescents' weight status.	http://www.rwjf.org/programareas/resources/
Network for a Healthy California-Children's Power Play! Campaign Community Youth Organization Idea &	The <i>Kit's</i> 20 activities are for youth leaders in after-school programs, summer programs, and clubs serving 5- to 11-year-old children. The <i>Kit</i> includes educational activities related to fruits and vegetables and physical activity, and also includes physically active games that incorporate key concepts related to fruits and vegetables.	www.networkforahealthycalifornia.net/powerplay

Resource Kit., CDPH		
Network for a Healthy California, California Harvest of the Month Toolkit	The <i>Harvest of the Month Toolkit</i> provides detailed information on a different fruits and vegetables each month, along with activity ideas in a four-page educator newsletter. It also includes parent newsletters, menu slicks, and sample press releases to help promote Harvest of the Month activities to the media.	www.harvestofthemonth.com
USDA's "The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions"	The Power of Choice is intended for after-school program leaders working with young adolescents. The Leaders' Guide includes activity descriptions and materials and a CD with 10 interactive sessions based on four posters, additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens.	www.fns.usda.gov/tn/RESOURCES/power_of_choice.html
CDPH, "Do More, Watch Less"	<i>Do More, Watch Less</i> is a toolkit for afterschool programs and youth serving organizations to encourage tweens (ages 10-14) to incorporate more screen-free activities into their lives while reducing the time they spend watching TV, surfing the Internet, and playing video games.	www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool/htm
SPARK After School	SPARK is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK After School has been developed for all out-of-school PE physical activity programs (e.g., after school, YMCA, Boys and Girls Club, recreation center, day care center, or camps).	www.sparkpe.org
Dairy Council of CA: Deal Me In... Food and Fitness	<i>Deal Me In ... food and fitness</i> is a self-contained program that provides fun, hands-on, engaging ways to introduce and reinforce healthy eating and physical activity in an after-school program. Lessons align with California Content Standards.	http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsDMI.aspx
CATCH Kids' Club Nutrition	The CATCH Program (Coordinated Approach To Child Health) brings schools, families, and communities together to teach children how to be healthy for a lifetime. The CATCH Kids Club (CKC) is a physical activity and nutrition education program designed for elementary school-aged children (grades K - 5) in an after-school/summer setting.	www.catchinfo.org/
Media-Smart Youth: Eat, Think and Be Active!	Media-Smart Youth: Eat, Think, and Be Active! is an interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.	www.nichd.nih.gov/msy/msy.htm
American Cancer Society—California Division's "I Care, I Count Handbook"	<i>I Care, I Count</i> (formerly <i>Generation Fit</i>) is a handbook designed to enable volunteers and staff to empower young leaders and provide them with the opportunity to have their voices heard in the fight against cancer. It helps youth leadership groups conduct a media advocacy project in their communities.	1-800-227-2345
CA After School	The California After School Resource Center (CASRC),	www.californiaafterschool.org

Resource Center	administered for the California Department of Education (CDE), provides California after school programs with a comprehensive Web site, circulating library of reviewed program administration and instructional materials, information about trainings, and supportive services to providers in order to promote literacy and mathematics skills, as well as healthy alternatives for youth in kindergarten through grade twelve.	
VERB, US, DHHS, CDC	CDC's media campaign to create a healthy movement among youth. Includes materials to use in settings with tweens (youth ages 9-13) and for adult information.	www.cdc.gov/youthcampaign/materials/index.htm

Other Media

USDA Ad Council campaign - <http://www.adcouncil.org/default.aspx?id=475>

Funding Sources

Robert Wood Johnson Foundation (www.rwjf.org)

USDA Summer Food Service Program (<http://www.ers.usda.gov/Briefing/ChildNutrition/summer.htm>)

Contact Information: CDC website: www.fruitsandveggiesmatter.gov

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